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STRETCH YOUR FOOD DOLLAR



AGRICULTURAL EXTENSION SERVICE
SOUTH DAKOTA STATE COLLEGE • BROOKINGS
UNITED STATES DEPARTMENT OF AGRICULTURE

Stretch Your Food Dollar

By MRS. MILDRED DANIEL, *South Dakota State College Extension Nutritionist*

Whether the homemaker buys much or little food, she needs to know her market, the variety of foods offered and how to make economical choices. The increased variety of foods on the market today has made her choice more difficult. Proper choice is possible only when she understands (1) the food needs of her family, (2) how much money she has to spend, and (3) the quality and cost of the products. She can be an important influence in bringing about better marketing conditions. Accurate information is her first need. This bulletin is intended to discuss with the homemaker her problems as a buyer of food, some aids available in the selection of various foods, and her responsibility as a buyer.

The Food Dollar

What the homemaker buys when she goes to the market is her own decision.

She may choose one type of product at one time, and another type at another time according to her needs. Supplies of food, prices, and quality vary constantly. A wise choice today may be a poor one tomorrow. When making a decision, she should ask herself these questions: (1) How much should I buy? (2) How much should I pay in terms of time-saving, energy, convenience and food value?

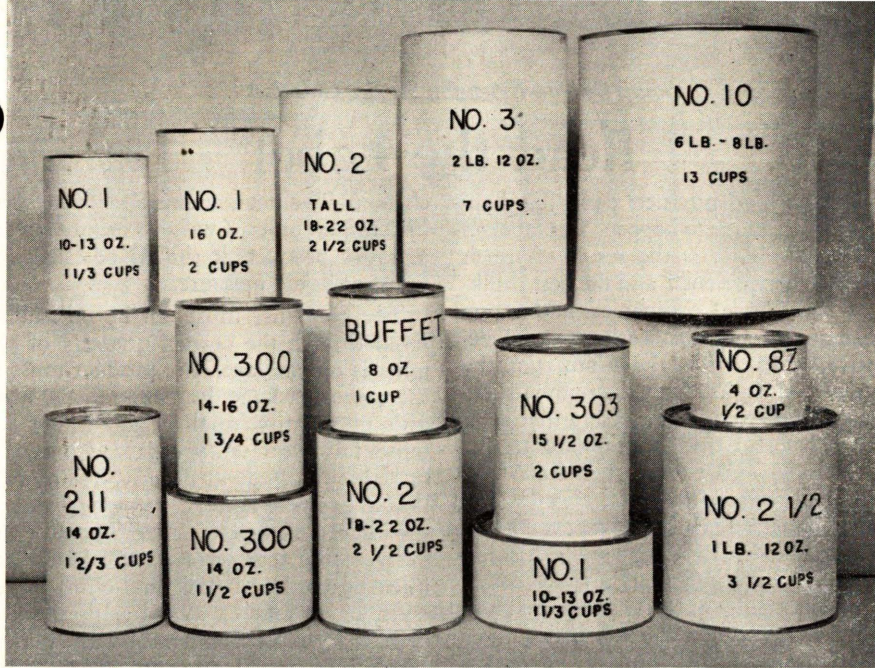
Approximately 26 percent of the family dollar is spent for food, and the housewife's choice of food helps to determine what part of her dollar is needed for food. Skillful handling of money helps families achieve financial success, security, health, well being, and happiness.*

Shopping for food can be a pleasure or a burden. Into it must go a knowledge of cookery, arithmetic, health, and an unprejudiced mind as well as the proper attitude toward the well-balanced meal. Out of it

BE IN THE KNOW CHART

No. of can	Approx. Net weight	Approx. No. of cups	Approx. No. of servings	Type of canned food
2 Z 6 Z				Infant foods, mushrooms, tomato paste, meat spreads
8 Z tall	8 oz.	1	1-2	Fish, meats, soup, mushrooms
8 Z short	5 oz.		3	Tomato sauce, shrimp
1 square	10 oz.-13 oz.	1½	2	Asparagus, fruits, soup, vegetables, meats, fish
300 303	14-16 oz.	2	3-4	Cranberry sauce, pimento, soups, pork and beans, spaghetti, juices, fruits
No. 1 (tall) or (flat)	16 oz.	2	3-5	Soup, fish, juices, fruits, pineapple
2½ square	3 oz.		4	Asparagus, meats
2 2 - tall	18-22 oz.	2½	4-5	Fruits, juices, soups, vegetables
2½	28-32 oz.	3½	5-7	Kraut, pumpkin, sweet potatoes, fruits, tomatoes, beets
3	32-36 oz.	4		Juices, vegetables, meat products
5	46-52 oz.	7		Fruit juices, soups
10	6-8 lbs.	13	20-25	Fruits, vegetables

*1952 Outlook



These are the cans most commonly seen on market shelves. They show can size and capacity.

will come an adventure in combining colors and flavors from the gardens of the world into meals that will mean health and high morale for the entire family.

The family's **standard of living** is determined not so much by the income which the husband brings home, but what the wife can make that income buy in terms of good family living. What families eat today, talks, thinks, and works for them tomorrow. An efficiency expert has said, "Half of your power to think and to work is made or destroyed in the home." That places a tremendous responsibility on the homemakers. Factors controlling the wise spending of the food dollar include:

1. Planning ahead — Plan menus in advance, check supplies on hand, study market prices, list foods needed.
2. Buy wisely — Learn qualities, compare prices per unit.
3. Consider available storage space.

How Much Will She Spend

The amount the homemaker will spend depends upon the following: (1) The number, size, age and occupation of the family members, (2) food patterns and habits, (3)

number of meals eaten away from home, (4) amount of entertaining done in the home, (5) home production and preservation, and (6) current or local food prices.

Be in the Know

Does Mrs. Homemaker know can sizes?

There are probably three dozen different sized cans on the grocery shelf, but some of them are not popular. Does the housewife even measure the contents of a can or does she guess when buying. The chart on page 2 will help her to **Be in the Know**.

**SUPER
EXTRA
WONDERFUL**

"Super, Extra, Wonderful"—often seen on canned products. They are not a federal grade and mean little to a consumer.

Read the Label

Labels on food products don't just happen. They are made to happen. The label on any given product is the result of much study, much experience, and the best thinking of commercial companies, and represents many months of work. A good descriptive label provides the information the consumer wants, has factual statements, description of the product, a design that is attractive, colorful and appropriate to the product. The majority of American food manufacturers have the safest, cleanest and most informative labeled items ever available to the public. Producers are furnishing the consumer the information she needs to become an intelligent buyer and she should make practical use of this information.

The label can help the housewife get her money's worth and guarantee her family's health. If she fails to read the label, she is losing that protection. In the label, the producer is required to tell what is inside the package or can. Today almost every processed food is packaged to protect it from dust and insects. The buyer cannot examine the contents and must depend on the label to tell the truth about the contents, and not, in any way, to mislead the customer. The food label should tell the truth and not be misleading. It should be easy to read and understand under ordinary conditions. Imitations should be prominently labeled.

If the food is made of two or more ingredients, they should be listed by their common names. They should be named in the order of their predominance in the food such as chicken and noodles, or noodles and

chicken. The net contents should be stated in common units of weights or measures. If a liquid product, it should be labeled in terms of liquid measure.

The container must not be misleading. Even though the correct quantity of contents is on the label, the product must fill the can or package. For some foods, standards of identity, quality, and fill of container have been set. Standards are fixed by order of the Federal Security Administration to promote honesty and fair dealing in the interest of the consumer. The set standards require that certain basic ingredients must be used and designate other ingredients which may be added at the packer's discretion. Thus they must be listed on the label. For some foods, standards of quality are set which means that there is a minimum quality below which the foods must not fall unless so labeled.

Below Standard

Good food—not high grade

Below Standard in Quality

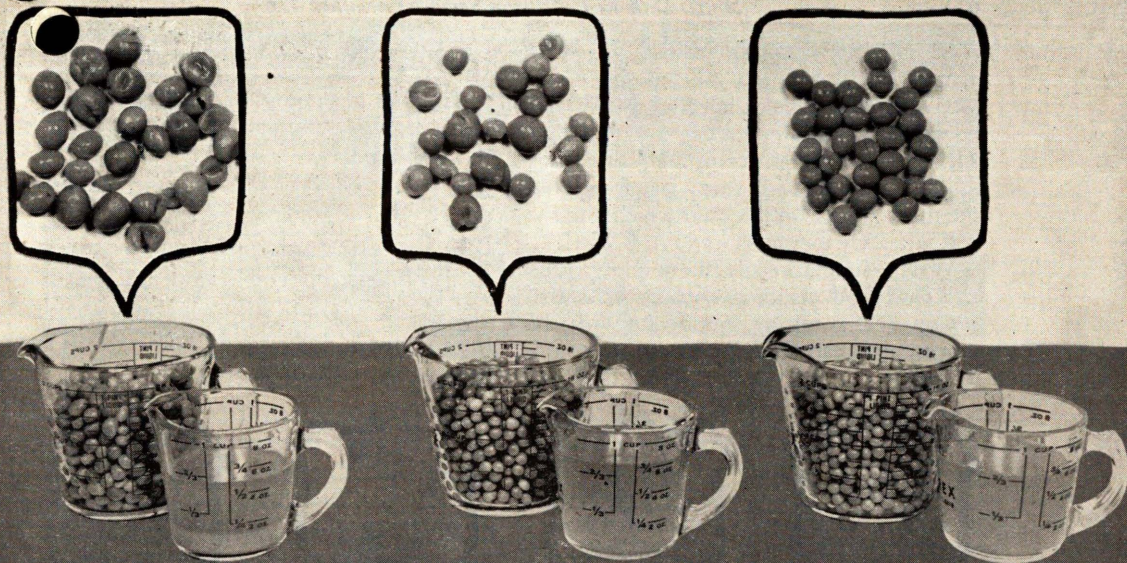
Not well peeled, unevenly trimmed or discolored.

Standards of fill of container set the minimum quantity of foods that may be put in a container. If the product does not meet the standard, it must be leveled.

Below Standard in Fill

If vitamin content is claimed on the label, the food must contain the amount stated. Many products called "health foods" are misbranded because their labeling does not tell the truth.





This shows grade, amount of solids and liquor in three different brands of No. 2 cans of peas. Left shows large and broken peas which are excellent for soups and casseroles. Note the cloudy settlement of the liquor. Middle: Mixed sizes of peas, some of which are broken, are good for everyday serving, are less expensive than perfect pea at right but are just as nutritious. Right: These peas are perfect in shape and small in size. They are more expensive than the standard pea, are excellent for party serving. Notice the clear liquor.

When buying fresh produce and meats, the housewife can see what she is getting, but when buying canned goods, it is like buying "a pig in a poke." The label on a can should be like a window through which she can see just what it is that she is buying, but, unfortunately, many labels do not reveal much information. Under the United States law, only these things are required in the label; (1) the name of the product, (2) the net contents, (3) the name and address of the canner or distributor, (4) the ingredients, and (5) a statement of quality only if the product does not measure up to the Federal Food and Drug Act. An **informative grade label** supplies all of the information required by law, and, in addition, it indicates the **quality** of the product.

Variety information is given because each food has its own characteristic flavor, texture and color, etc. as Cling stone and freestone peaches, white or yellow corn, sweet or sour cherries, red or pink salmon.

1. **Style of pack** shows the buyer a prod-

uct suited to her use for the food—whole or sliced peaches, peeled or unpeeled apricots, cut or whole green beans, cream style or whole kernel corn.

2. **Amounts of food** in the can will indicate how many it will serve, as well as the number of pieces or number of cupfuls.

3. **Size of pieces** may be indicated as tiny, large, small, medium or mixed sizes.

4. **Color**—white, green, green tipped or golden.

5. **Seasoning** — no salt added, or salt added. Sugar added or no sugar added.

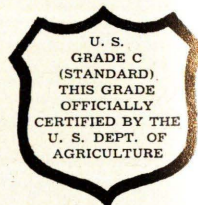
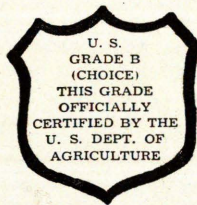
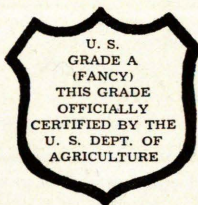
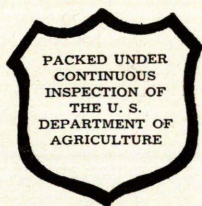
6. **Amount and kind of liquid.**

7. **Kinds of products** used if a mixture.

In this discussion of grading, the author hopes she has not left the impression that the homemaker should never buy grade C merchandise. Actually all of the grades are wholesome food—all having a purpose. Under grade labeling, the homemaker should buy the grade best suited for her purpose; casserole or mixed salad vegetables would not be the same choice as for whole

fruit salad or an uncombined vegetable dish. Buy the size that fits number to be served, unless ways of holding the unused portions over for other use are available. The consumer might compare grade labeling to a road map—the way is marked, but she must choose on her own which one she will take, whether it is Grade A, B, or C.

Watch the markets for new information and new products in order to insure a variety in meal planning. Cooperate with the grocer, and reap the benefits of better family food.



Compare the Values of Food

The cost per pound of solid, edible food is the best basis for comparison. Canning, whether in glass or tin, has water, sugar, salt or other ingredients added to the product. Sixty five percent dry pack frozen food is 100 percent edible food, and the edible portion of the fresh product varies with the amount of pod, peeling, core or seeds to be removed—37–50 percent.

Buying Canned Goods

Canned vegetables come in many sizes. The smaller the containers the more expensive they will be. (1.) Buy by grade instead of brand. (2.) Be sure to read the label.

The following shows the points on which the product is graded.

1. Asparagus—stalks, tips, points, cuts. It is graded on clearness of liquid, color, absence of defects, and tenderness.

2. Beets—whole, sliced, quarters. Color, absence of defects, texture.

3. Carrots—uniform whole, sliced, diced. Color, absence of defects, and texture.

4. Corn (cream style)—maturity, flavor, color, absence of defects, cut and consistency. Corn (whole kernel)—color, absence of defects, cut, maturity and flavor.

5. Peas—uniformity of color, absence of defects, state of maturity, and clearness of liquid.

6. Pumpkin—consistency, color, finish, absence of defects, and flavor.

7. Sauerkraut—flavor, crispness, absence of defects, color, and cut.

8. Spinach—color, absence of defects, tenderness, texture.

9. String beans—green or wax, maturity,

absence of defects, color, clearness of liquid.

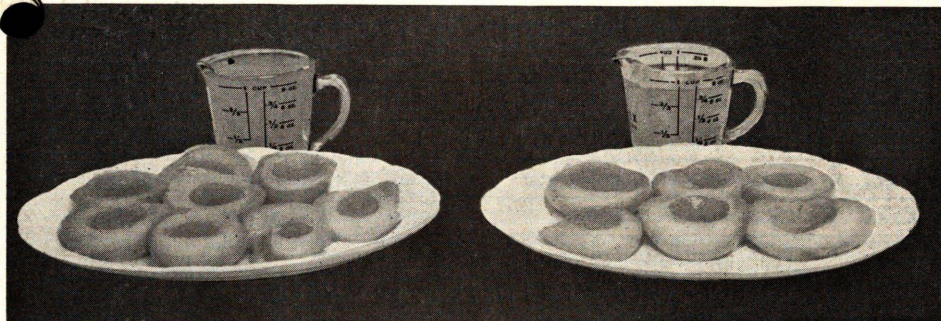
10. Sweet potatoes—color, shape and consistency, absence of defects, texture.

11. Tomatoes—drained weight, wholeness, absence of defects, color.

Commercial canned fruits are of varying quality. They can be purchased in three grades—Fancy, Choice and Standard. Standard is a lower quality, but is a clean attractive, wholesome product, and will meet the needs of the average housewife. The Fancy grade is packed in a heavy sirup while the Standard grade may be put up in water and sold as pie fruit. Some homemakers buy this fruit in no. 10 cans and recan it to suit family needs. Whether it is a time and money saver, the homemaker must decide. Canned fruits are scored on color, uniformity of size and shape, absence of defects, character of fruit.

1. Apples—are canned in many different styles—peeled, canned whole, quarters—should be bright typical color, tender, normal flavor.

2. Apricots—are usually canned peeled since they keep their shape better, halves or whole, bright color, firm flesh, absence of



Both plates of peaches and juice were taken from a No. 2½ can. This shows standard versus fancy pack. The standard is less perfect in shape but has more servings.

defects. They are usually canned in a heavy sirup as they are a very tart fruit.

3. Cherries—Royal Anne Cherries are the finest variety, white with a red tint.

4. Red sour cherries—used for pies and usually canned without sugar. Have bright red, firm flesh and good flavor, free from defects, broken or whole pits, blemished scar tissue, and discoloration.

5. Fruit juices—are preserved by pasteurization and usually sugar is not added. If so, it should be stated on the label. The juice should be bright in color, free from defects, pulp, seeds, oil, and have a distinct flavor.

6. Mixed fruits—such as peaches, pears, pineapple, cherries—are called fruits for salad or fruit cocktail and come in two grades—Fancy or Choice.

7. Peaches—are most commonly found in slices or halves. Canned peaches are always canned in Fancy, Choice, and Standard

grades. Peaches are by far the most popular fruit and are canned in large quantities. Drained weight should be approximately 60 percent of contents.

8. Pears—are sold as Fancy, Choice or Standard packs. Either Bartlett or Kiefer variety are used, the Bartlett being a larger fine grained product. Kiefer pears are not so sweet, are smaller and rather coarse grained. Unless otherwise labeled, canned pears are of the Kiefer variety and in various sirup densities. Style of pack—halves, quarters, sliced, diced, or whole.

9. Pineapple—can be bought in four styles which are sliced, tidbits, crushed or broken slices. It is sold in three grades—Fancy, Standard or Broken.

10. Plums and prunes—are generally packed with pits in because they hold their shape better. They are canned in a heavy sirup because of their acid content, otherwise in waterpack.

Fresh Fruits and Vegetables

The markets of today present a bewildering display of fruits and vegetables, many of which are supplied the year around and usually at a reasonable price. Modern methods of transportation, production, handling, grading and packing make it possible to ship perishable foods long distances where they can be stored under refrigeration until time to be displayed for consumer sales. Homemakers must select and choose for their family, by their own selection and price appeal, what are the "best buys."

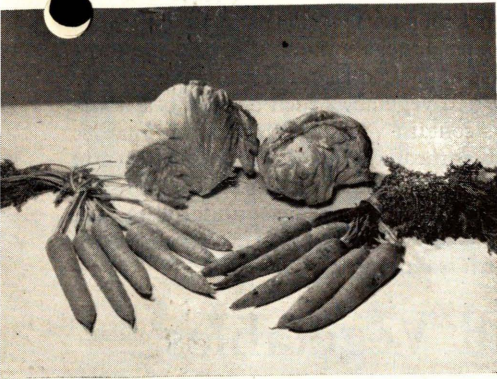
Fruit and vegetable growers usually pack their products according to a definite

standard of size and quality, and in many instances use a brand name that may indicate a certain grade. Fruit growers have made the most advancement in this respect. Many times there is a label or other mark showing grade, variety, brand, size, etc. on the shipping container. The brand name is sometimes indelibly marked on the skins of citrus fruits, and apples may have the brand name marked on the paper wrappers. However, this still leaves much of the selection up to the housewife. The commercial buyer who purchases under the U. S. grades knows that the grade he buys will not be

Buy-Points for Fresh Products

Fruits	Look for	Avoid
Apples	Good color, uniform shape and size, firm fruit	Soft, shriveled or bruised fruit
Bananas	Yellow flecked, all yellow, or green tipped	Over ripe or broken skins
Berries	Full, plump, clean, bright fruit	Crushed or over ripe
Cherries	Tender, plump, bright color	Poor color or damaged fruit
Grapes	Plump, well colored clusters, soft yet not mushy	
Oranges Grapefruit and Lemons	Bright color, well shaped and firm, heavy for size, fine textured skin	Soft spots
Peaches	Plump firm flesh, smooth skin with yellow or pinkish color	Bruised fruit
Plums and Prunes	Plump and of good color	Bruised or over ripe fruit. Very perishable
Pears	Fairly firm fruit, good size, smooth, fragrant, yellow russet color	Misshapen, wilted, bruised fruit or brown spots at ends
Pineapple	Compact fruit, heavy for size, fragrant, dark golden color; when ripe, spines pull away easily	Decay at base
Rhubarb	Thick red or pink stalks	Wilted stringy stalks

Vegetables	Look for	Avoid
Asparagus	Brittle, tender straight stalks	Wilted, thin stalks, loose tips
String beans	Plump, firm, tender, bright color	Wilted pods, stringless, large beans
Beets or Carrots	Bright color, crisp, smooth, medium sized	Wilted products, misshapened
Cabbage	Firm, compact, heavy, good green color, crisp	Loose heads or wilted, yellow leaves
Cauliflower	White creamy color, compact, heavy	Dark spots on top
Celery	Stalks crisp, thick, fresh green or white	Solid heart
Sweet Corn	Husks fresh and green, crisp brown silks, full kernels, milky	
Egg plant	Dark purple color, uniform shape, smooth, heavy, solid	
Lettuce	Firm head, fresh, crisp, green leaves	Bruised heads, slimy or discolored leaves
Onions	Well shaped, dry, hard, bright, clean	Misshapen, soggy necks
Parsnips	Smooth, straight medium size	Large coarse roots or wilted
Potatoes	Clean, firm, shallow eyes, medium size	Sunburned spots, growths, cracks, sprouts
Spinach	Crisp, green clean leaves	Coarse stems, yellow wilted leaves
Squash	Hard, thick rind, dark green, heavy for size	
Sweet Potatoes	Plump, smooth, bright	Uneven shapes, soft ends
Tomatoes	Mature, firm, plump, good color, free from blemish	



Look for quality and freshness when buying.

below a specified quality. The condition of fresh fruits and vegetables when they reach the consumer depends upon its condition when harvested, the number of handlings, the temperature of the marketing period, the length of time in transit, the length of time in the retail store, and the natural deterioration such as strawberries, raspberries, or tomatoes. Repacking is sometimes necessary for such products as lettuce, celery, and cabbage.

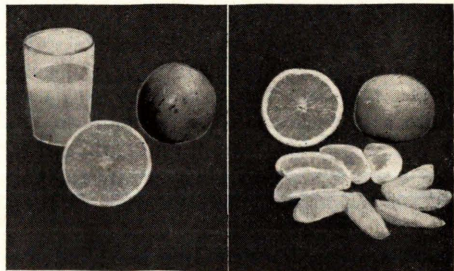
Grades are based on variety, quality, maturity, appearance, color, relative freedom from blemishes, defects, or spoilage, size, number in case, uniformity, aroma, flavor, firmness and weight. Buy fruits and vegetables by weight rather than measure. Inspect containers for a uniform product.

Choose grades according to use for which the product is to be used—to be cooked or used raw.

Avoid products which show any signs of decay or blemish which might affect the eating qualities.

Oranges are graded on the number that fills a standard crate, e.g., 150 oranges, 3 inches in diameter, fill a crate and are known as 150's, or 80 oranges, $3\frac{3}{4}$ inches in diameter, are known as 80's. Florida oranges are packed in slightly larger crates than California, but their difference is of minor account to the housewife. For breakfast oranges, sliced or cut in half, 150-176 is a good size. For juice, small oranges with thin skins, 288's, are best for money spent. By measure there may be more juice in a large orange, but it will cost more per cup, as the price of the larger fruit is higher due to appearance and scarcity.

The thin skin orange has the greater amount of juice while other type is best for serving in sections.



Dried Fruits and Vegetables

Dried fruits and vegetables are nutritious and cost less than other forms because it costs less to process, package, store and transport them. They keep indefinitely and are available all of the year.

Dried fruits are graded on size of fruit. The larger sizes cost more per pound. The grades are Extra Fancy, Fancy, Extra Choice, Choice, Standard. Fancy or Choice are more desirable for salads, but Standard is the most desirable for general use.

Prunes and apricots are in greatest demand while apples are in least demand since fresh apples are inexpensive and available most of the year. Dates and raisins are

used a great deal in baking. The homemaker may question size of prunes and the value received.

One factor to consider in choosing prunes is the cost of prune meat free from pits. The following tables shows ratio of prune meat from various sizes.

No. in pound	Wt. of prune meat without seeds
20- 30	13 $\frac{3}{4}$ oz.
30- 70	13 $\frac{1}{2}$ oz.
70-100	12 $\frac{1}{2}$ oz.
100-120	11 $\frac{1}{2}$ oz.

If 20-30 prunes cost 35c a lb. and the 70-100 cost 12 $\frac{1}{2}$ c a pound, it can be seen that a

lb. of prune meat costs twice as much from larger fruit.

It will depend on the use she wishes to make of them. The small size 40-50 may be best for sauce and the larger ones, 18-25, best for salads and special desserts. Large apricots have better color, flavor and are more attractive than the small sized ones.

If the homemaker uses many raisins, she can save by buying 2 lb. packages rather

than 1 lb. packages. Dates in the bulk, 1 or 2 lb. package, are much cheaper than those in ready packed 12 oz. boxes.

Dried vegetables such as navy beans and peas contain vegetable protein and may be used as meat alternates. Purchase by weight and grade. Watch for dirt and foreign materials. Choose products uniform in size and color. Buy in bulk in quantities for which storage space is available.

Frozen Fruits and Vegetables

Frozen top-quality fruits and vegetables are about equal to fresh foods in flavor, color, and food value. They are available the year around, take up very little storage space, and have very little waste. Frozen

fruits may have sugar added and are ready to eat if so desired. Vegetables need not be thawed before cooking. Keep uncooked portions frozen.

Buying Cereals and Other Staples

Cereals have always been an important food, but as different foods have become available, they have taken a less important place and need to be supplemented with animal protein foods such as eggs, cheese, meats, fish, etc. **To be cooked** cereals require a longer cooking time, but cost the least and provide a highly nourishing low cost food. **Quick cooking** cereals are partially cooked so require only a few minutes time. They cost about one cent per pound more than the long cooking time but save fuel and time. **Ready-to-eat** cereals are highly processed cereals of varying texture, flavor, and food value. Average cost is about three times the cost of to-be-cooked cereals.

Most cereals are sealed in packages at the manufacturing plant. They are easy to handle, save the clerk's time, provide storage

facilities, add to the appearance and sanitary conditions of the grocery store. The wrapper must give the net weight and description of the contents which sometimes may be misleading.

Although the whole grain uncooked cereals have a higher food value, the ready-to-eat cereals are more popular on the market today in spite of the increase in cost (approximately three times more).

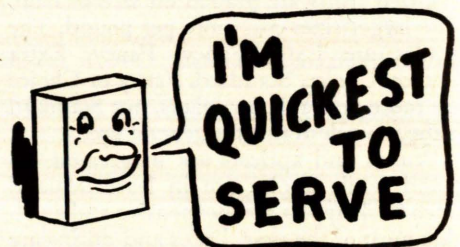
Flour may be made from hard wheat which is best for bread making, or a soft wheat which is adaptable for cake, pastries, quick breads, etc. Flour is sold in four sized packages—5 lbs., 10 lbs., 24½ lbs., or 49 lbs., but the price increases with the smaller package approximately two cents per pound.

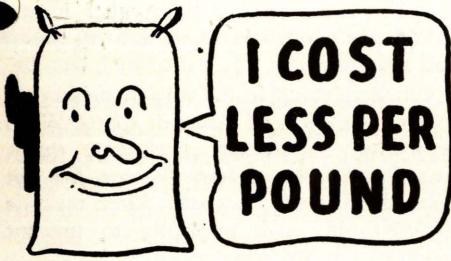
Macaroni, spaghetti, noodles, etc. are

To be cooked cereal.



Ready-to-eat cereal.





Flour—100 lbs.



Flour—5 lbs.

made from durum wheat in a variety of shapes and sizes usually sold in packages.

Crackers and cookies are sold in packages of various sizes, the price going down per unit as the size of the package increases. This is true on practically all packaged

products such as salad dressing, vanilla, vinegar, shortening, baking powder, rice, cornmeal, gelatin, tea, coffee, chocolate and cocoa, sirup, sugar, etc., ready mixes, honey, and peanut butter.

Buying Meats

The cost of meat is governed by the tenderness, appearance, and the demand—not the nutritive value. The tough pieces require longer cooking and more thought to make palatable than the tender cuts, but are less expensive. In buying meat, the amount of fat and bone should be considered.

Good quality meat has a marbled appearance made up of streaks of fat and lean. The older the animal the darker red the meat will be, and the younger the animal

The way the meat is prepared controls selection and grade chosen at the meat market.

the lighter the lean. In young animals, the fat is white and as the animal grows older, the fat becomes more yellow.

There are three important things to consider in wise buying of meat:

1. The kind—beef, pork, veal, lamb, mutton, poultry.
2. The cut—such as roasts, chops, steaks, etc.
3. The quality—Because there is a wide range in quality of meat, the buyer cannot judge the flavor and tenderness until she eats it. She must learn to judge quality before she buys. She should know what she wants, how she wants to cook it, and how to select it.

Beef is the meat from mature cattle. The lean is firm, smooth and velvety in appearance and has tiny flecks of fat between the meat fibers called marbling, and has a bright, appetizing red color. The fat is firm and creamy white in appearance. Beef should be properly aged before selling as it then becomes more tender and palatable. Tender cuts represent 25 percent of the carcass and are expensive. From the loin, the consumer will eat sirloin, porterhouse and club steaks and roasts. A beef round, rump, chuck or short ribs will make a good pot roast. Round, rump, chuck or flank steak is used for swiss steak. Stews can be made from neck, chuck, plate, shank or brisket.



Boiled dinner or corned beef is made from chuck, rump, brisket, flank or plate.

Veal is the meat from very young cattle and is fine textured, firm, and light grayish pink in color. The fat is pinkish white with very little marbling. The bones are red and porous.

Lamb is the meat from young sheep 3-5 months old and has a definite flavor. The meat is firm, fine grained, and dull pink in color changing to dull red in good quality mutton (sheep from 1-3 years old). The fat is creamy white. Bones have a reddish tint which becomes white as the animal matures.

Pork is the meat from hogs. Cuts are sold fresh or cured. There is less variation in pork than in any other meat because of more uniform age of animal for slaughtering and general type of the animal. The lean is relatively fine grained, firm, well marbled with fat. The fat is white and firm and covers most of the carcass. Bones are small in relation to meat and slightly pink in color. All pork products should be well cooked to prevent any trichinosis. It should also be well cooked because, new or cooked,

it spoils more quickly than other meat. Cured pork includes smoked ham, bacon and sausage.

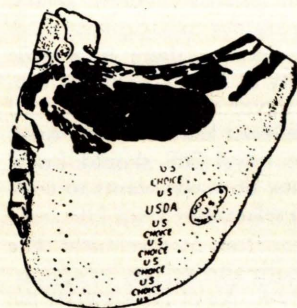
Quick freezing is one way of preserving meats cut in desired steaks or roasts. Wrap according to freezer directions, quick freeze and keep at zero degrees. **Do not thaw until ready to cook.** After meat is thawed out, cook promptly to prevent spoilage. Do not refreeze.

Inspection

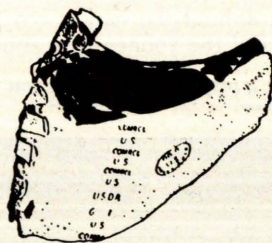
Inspection by government inspectors is required for all meat products during its various stages of preparation for sale or trade. It is then stamped with official government inspection mark indicating that the meat was examined and found fit for human consumption at time of the inspection and processed under sanitary conditions.

Grades

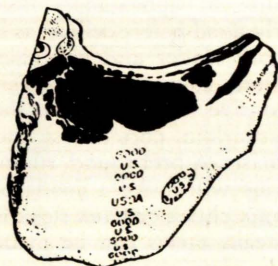
The U. S. Department of Agriculture, the meat industry and interested persons are cooperating in the establishment of grades for meat. Buying meat by grade in-



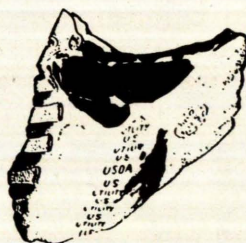
U. S.
CHOICE



U. S.
COMMERCIAL



U. S.
GOOD



U. S.
UTILITY

measures getting the desired quality for the use intended and furnishes a basis for prices.

Grades refer to certain quality factors such as color, texture, fat, marbling of the lean, relative proportion of edible meat to bone, character and distribution of fat. In the U. S., grading was started in 1927 and is not compulsory, but if graded, it must conform to federal standards. Following are the grades usually obtainable for retail markets in order of quality:

U. S. Choice—limited quantity from young animals.

U. S. Good—Very desirable quality, high grade sold in volume.

U. S. Commercial—Varies in degree of fat, firmness of fiber, and natural tenderness.

Variety meats is a term generally used to include organic meats—kidneys, brains, livers, hearts, tongues, etc. These are unusually rich in vitamins and minerals and are high quality proteins. Good quality variety meats should be plump, firm, fresh

and bright in color. They require careful preparation in cooking.

Fish has a delicate flavor, is highly perishable and needs careful handling. Fish is available fresh, frozen, and cured. The largest size fish are not always the best buy. One that is plump and meaty will have less waste than a larger thin fish. Fresh fish are cheapest during heavy production season. Look for these features in fresh fish: eyes—bright, clear, full and moist.

flesh—elastic and firm.

gills—fresh in color.

scales—cling tightly to the skin with a sheen.

color—bright and clear.

Frozen fish are available the year around at reasonable prices and are usually packaged and ready for cooking with no waste. Keep frozen fish at zero until ready to use it. Thawing is not necessary. However, if it thaws out, cook promptly to avoid spoilage. Never refreeze thawed fish.

Eggs

Most normal eggs are of good quality when they are laid. They deteriorate very rapidly if not properly cooled and cared for while they are held on the farm and while they are moving through the marketing channels.

Because eggs do deteriorate very rapidly under poor handling conditions and because eggs are handled poorly in many instances, Mrs. housewife should be on guard when buying eggs.

Under the South Dakota egg law, eggs are sold in two different ways—graded and ungraded. The carton or container should be marked with the grade of eggs it contains or with the word ungraded.

When Mrs. housewife buys eggs that carry grade identification she is pretty sure of getting the quality of egg she wants. When she buys ungraded eggs she can expect to get good and poor eggs in the same carton.

There are a variety of things to consider when making egg purchases at the local store. She should first consider what quality

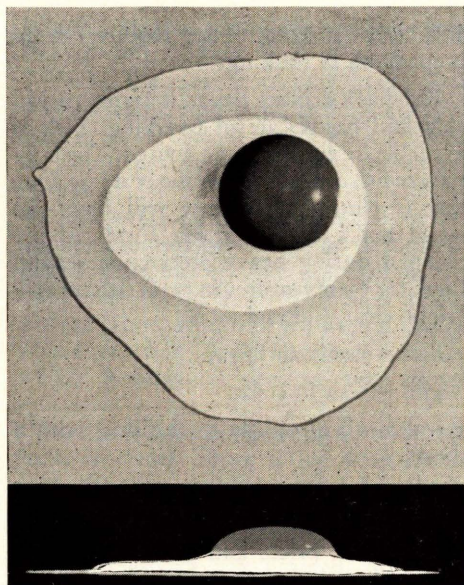
egg she wants to buy. This will be determined by the use she plans to make of them.

Only "A" grade or good quality eggs should be purchased for frying, poaching or boiling. When an "A" grade egg is broken into a pan it will tend to hold together and cling close to the yolk. It will have a large amount of thick white and a small amount of thin or watery white. The yolk will be firm and stand up well. An "A" quality egg has a mild and wholesome odor and taste.

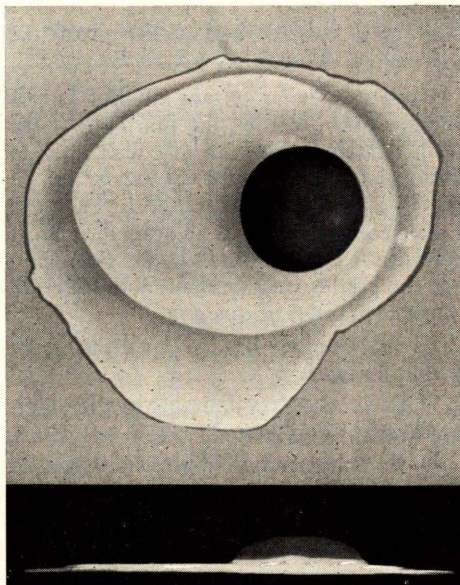
"B" or "C" grade eggs can be purchased for less money and are economical for cooking and baking use. When a "B" or "C" grade egg is broken into a pan it is weak and watery and will spread out over a large area. It has a small amount of thick white clinging around the yolk and a large amount of thin or watery white that tends to run and spread.

The yolk will be weak and flat. In the case of the "C" grade egg the yolk is easily broken.

"B" and "C" grade eggs have lost some



"A" Quality.



"B" Quality.

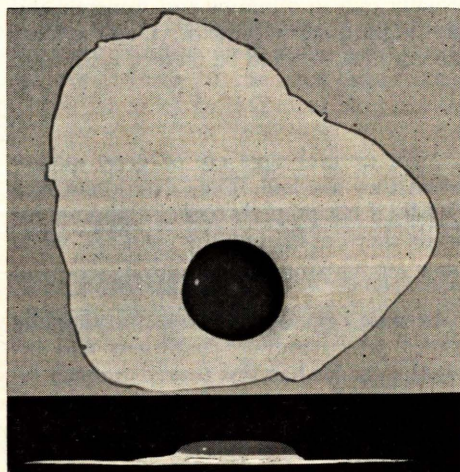
of their freshness and tend to take on a strong or stale odor because of the loss of certain gasses and the breakdown of the egg itself. The loss of freshness can not be detected when these low grade eggs are used in cooking and baking.

Another thing Mrs. housewife should consider is the weight of eggs she buys. Eggs are sold in dozen lots and not by specific weight per egg or per dozen eggs.

South Dakota grades have minimum weights on the grades.

A dozen grade "A" large eggs must weigh at least 24 oz. per dozen net weight. A dozen grade "A" medium must weigh at least 21 oz. Grade "B" must weigh at least 24 oz. per dozen and grade "C" can weigh as low as 18 oz. per dozen.

Below is a chart showing comparative values of eggs by weight. This chart is based



"C" Quality.

on all eggs being the same interior quality.

Comparative Values of Eggs by Weight

Weight	Comparative Value Per Dozen											
18 Oz. per doz.	18	23	26	30	34	37	42	45	48	53	56	
21 Oz. per doz.	21	26	30	35	39	43	48	53	56	61	66	
24 Oz. per doz.	24	30	35	40	45	50	55	60	65	70	75	
27 Oz. per doz.	27	34	39	46	51	56	62	68	73	79	84	
30 Oz. per doz.	30	38	43	51	56	62	69	75	81	87	94	

Ungraded eggs will usually average about 24 to 26 oz. per dozen.
Eggs should be held in the refrigerator in the home until they are used.

Poultry

When the consumer thinks of dressed poultry she includes chickens, turkeys, ducks, geese and other birds. Because of lack of space, this circular will cover what to look for when buying chickens only. Many of the points can also be applied to other class of poultry.

When Mrs. Housewife sets out to buy a dressed bird for the table at home she should first consider how she wants to use the bird. For broiling she should buy a broiler, for frying she should buy a fryer, for roasting she should buy a roaster and so on.

Chickens are generally sold according to the following classes:

Broilers—Young chickens 8 to 12 weeks old of either sex, weighing around 2½ lbs. dressed weight and soft meated enough to be cooked tender by broiling. Their skin is thin, smooth and translucent with lean meat and streaks of fat showing through. The keel bone or breast bone is soft from end to end and the wing and leg bones can be broken easily. They normally will not have a wide plump breast because they are young immature birds.

Fryers—Young chickens 12 to 20 weeks old of either sex, weighing between 2½ to 3½ lbs. dressed weight and soft meated enough to be cooked tender by frying. Their skin will be a little coarser and thicker than the broiler. The breast bone will show hardening at the front and will be flexible and soft at the rear. The skin is smooth and translucent.

Roaster—Young chickens 4 to 9 months old of either sex, weighing over 3½ lbs. dressed weight and soft meated enough to be cooked tender by roasting. Roasters have thicker, translucent skin with coarser texture than friers. The skin should be soft and pliable and uniform in color over the entire carcass. The breast and legs should be plump and well filled out. The breast bone should be pliable for an inch or so at the rear tip.

Pullets—Young female chickens that weigh over 3½ lbs. dressed weight that have never laid an egg. These are classified as roasters but may be sold separate. Pullets

should be plump and round and even in color. The skin should be soft textured and the breast bone should show as a tender streak of cartilage along the breast. The bone should be flexible at the rear.

Stags—Young male birds that are showing some darkening and toughness of flesh. These birds are showing some spur and comb development that indicates that they are between the rooster and the cock stage. The skin is coarse and shows reddening at the rear of the carcass. The spurs are firmly attached to the leg bone. The breast bone is hard. The breast and legs should be well filled out.

Capon—Unsexed male birds between 7 and 10 months old weighing over 4 lbs., soft and tender fleshed enough to be cooked tender by roasting.

Chemically Caponized birds—Male birds that have been treated with the chemical diethyl stilbesterol four to six weeks before being marketed. Soft and tender fleshed enough to be cooked tender by frying or roasting depending on their weight.

Fowl or Stewing chicken—Mature female birds of any age or weight that can be cooked by stewing. Old fowl may have long hairs and scuffed wrinkled skin. The back of the breast bone will be hard and may be flattened. The abdomen may be baggy due to excessive fat in the body cavity.

Cocks—Mature male birds of any age and weight with dark and toughened flesh can be cooked by stewing or pressure cooker. The skin is coarse, sometimes dry and scaly and shows a definite redness of the abdomen. Unless very well fleshed the sides of the breast, thighs and back will show a dark color. There will be a lot of spur development.

Dressed birds are offered for sale in three forms.

1. **New York Dress**—Just blood and feathers removed. The feet, head, and viscera are purchased with the birds.
2. **Eviscerated or ready to cook**—The head, feet, viscera and oil sack are removed. They may be ready for roasting, broiling or frying.
3. **Cut up**—usually fryers and broilers are

offered for sale in this form. The pieces are all ready for cooking and may be sold separately or as one complete bird.

Fresh killed chickens that have been cooled dry or in ice are the most palatable. Birds that have been frozen or held for a long period of time tend to lose their freshness and wholesome flavor.

Poor quality chicken may have one or more of the following things wrong with it.

1. Narrow, sharp breast and thin thighs.

2. Extremely crooked breast or hump back.
3. A very small amount or no fat at all under the skin.
4. A dark or reddish color.
5. Large tears in the skin.
6. Broken bones.
7. Bruises or discolored spots.
8. Dried out patches on the skin from too hot water when scalded or freezer burn.
9. Greenness around the vent or crop area.
10. A lot of pin feathers.

Planned Shopping Saves Time, Money

Shopping is the test of your ability to judge products. Read labels and control spending. It is a challenge to every homemaker. It can be one of the most interesting and rewarding tasks, for well spent dollars benefit the whole family.

How to Buy

Have a market list.

Buy foods in season. Know prices before buying. Watch the scales. The housewife should select her own fruits and vegetables. Read labels for weight, quality, variety, etc. Watch for new products on the market. Avoid shopping during rush hours. Buy only what will be used before it spoils.

Buy staples in bulk if quality is good and storage is available. Ask for definite weights and measures; do not ask for 25 cents worth. Check order at the counter. Compare store prices. Watch for bargains.

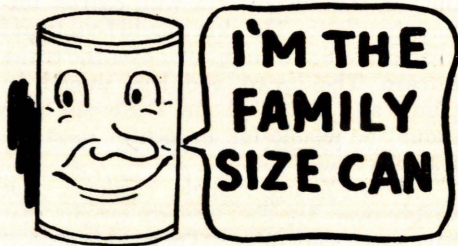
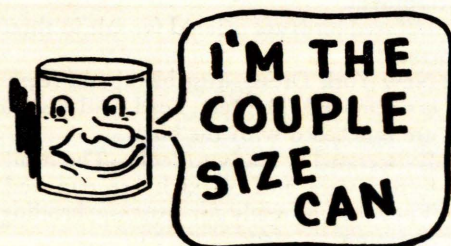
Food is usually cheaper when sold in bulk form. However, cleanliness is of important consideration and the manner in

which the food is handled and stored should be considered. Packaged goods may be the wiser selection. Uncooked cereals, rice, macaroni, dried beans and peas, dried fruits, cheese, bacon, lard are all less expensive in bulk or semi bulk. Salt sold in cloth bags is less expensive than in paper boxes. In buying packaged goods, check weight of the contents as the size of the package may not indicate the quantity of product. Lower priced items are often priced lower, because quantity is less.

The consumer pays extra for fancy packages or containers.

Ready to eat foods and purchased mixes were made for people with more money than time. The housewife saves money by making a homemade mix. A bulletin, *Homemade Mixes*, is available from the county extension office.

The price of perishable foods will vary with the season, the locality, and the store. Staple goods vary less in price though frequently real savings can be made by taking advantage of special sales.



Select the size of canned products according to family needs.

Where to Buy

The type of store may make a decided difference in price. Delivery service and charge accounts are convenient, but they have an effect on costs. The choice of store at which the housewife trades needs to be considered from several points — honesty and reliability of the dealer, sanitary conditions, modern equipment and arrangement of the store, prompt service and a desire to obtain the kind and grades of foods desired, courtesy and personal interest.

When selecting foods, the homemaker must make decisions such as: will it suit the family's needs, will the family like it, what price, shall it be buck or packaged or large or small quantities, and shall it be ready made or shall she make it at home. Buying is a personal affair and it is impossible for anyone but the consumer to decide which is the best buy for her family.

When to Buy

Refrigerator and storage facilities will determine how often the housewife will need to shop for groceries. It is well to shop for staple items the first part of the week when the merchant is not so busy. Then only perishable items will need to be purchased during the busy days at the store. Early morning hours are best for shopping before the stores are crowded and the grocer will have time to give better service and answer questions. She can spend more time in making her selections.

Helpful Hints

When buying, don't buy more than needed. When serving, don't serve more than will be eaten or more than needed. Store what is bought so that it won't spoil. Every homemaker should adopt the wise policy of planning meals for her family needs and then buy just enough for their use.

Prepare foods to avoid waste. Save trimmings from meats and vegetables that can be used. Adjust quantities to size of the family. **Make good use of left-overs.** Prepare foods to save food values. Don't crush or bruise foods, keep cold until ready to

cook or eat. Cook vegetables in small amount of water. Cook protein foods at moderate to low temperatures. Use tested recipes. Cook, season and serve food so that the family likes it and enjoys it. Use all liquids and juices from meats, vegetables and fruits in other recipes such as soups, casseroles, desserts or beverages. Save fats, store in cool place. Produce and preserve as much of the food supply as possible.

Experienced homemakers can make bread, cakes, cookies and rolls for about one-half the cost of that purchased at the bakery. Fresh vegetables are usually cheaper by the pound than by the bunch. Low cost meats are as nutritious as the more expensive cuts. Ready to cook cereals are less expensive than the ready to eat varieties.

Plan meals for several days at a time, or for an entire week if possible, before going to the store. Check menus for nutritional adequacy. Allow for some substitutions in the weekly plan in order to use up left overs or to take advantage of special values at the stores. Remember the substitutions should be made within the same food groups. For instance, substitute one vegetable for another or one fruit for another, but not ice cream for potatoes or fruit without throwing the menu out of balance.

1. Check available food on hand.
2. Make an order list of supplies needed, and amounts needed.
3. Become familiar with size of containers, grades, and labels.
4. Plan an emergency shelf for unexpected company meals.
5. Make a note of satisfactory and unsatisfactory brands.

Keep records of the cost of home canned and commercially canned products. Plan to buy staples in as large quantities as is possible depending on storage space. Buy more than one grade of product depending on how it is going to be used, such as broken vegetables for soups and chowders, etc. Compare price, weight and quality. Take advantage of special sales and offers. Choose between ready prepared foods and home prepared foods.

How Much Are You Getting When You Buy

Food	Weights or Measure	Approx. No. of servings or measure	Cost per Unit	Cost per Serving
Dairy products				
Butter or shortening	1 lb.	2 cups	-----	-----
Cheese—American	1 lb.	2 cups	-----	-----
Cottage	1 lb.	2 cups	-----	-----
Cream—Coffee	1 c.	8 servings	-----	-----
Whipping	1 c.	2 c. whipped	-----	-----
Eggs				
Whole—medium	5-6	1 c.	-----	-----
Whites	8-11	1 c.	-----	-----
Yolks	12-14	1 c.	-----	-----
Fresh Fruit				
Apples	1 lb.	3 medium	-----	-----
Bananas	1 lb.	3 medium	-----	-----
Dates	10 oz.	50 dates	-----	-----
Lemons	1 medium	3 T. juice	-----	-----
Grapes	1 lb.	6 servings	-----	-----
Oranges	1 lb.	1 med. yields $\frac{1}{3}$ c. juice	-----	-----
		3 medium	-----	-----
Peaches or pears	1 lb.	3-4 medium	-----	-----
Raisins	1 lb.	3 cups	-----	-----
Prunes	1 lb.	8-10 servings	-----	-----
		35-40 prunes	-----	-----
Raspberries	1 pt. box	3-4 servings	-----	-----
Strawberries	1 qt. box	4-5 servings	-----	-----
Fresh Vegetables				
Asparagus	1 lb.	3-4 servings	-----	-----
Beans, green	No. 2 can	5 servings	-----	-----
	1 lb.	4-5 servings	-----	-----
Beets	1 lb.	4 servings	-----	-----
	No. 2 can	8 servings	-----	-----
Broccoli	1 lb.	3-4 servings	-----	-----
Cabbage	1 lb.	3-4 servings cooked or	-----	-----
		8-10 salads	-----	-----
Carrots	1 lb.	4 servings	-----	-----
Cauliflower	1 lb.	4 servings	-----	-----
Corn	No. 2 can	4-5 servings	-----	-----
Lettuce	1 large head	6-7 salads or garnish	-----	-----
		for 12 salads	-----	-----
Onions	1 lb.	4-5 med. onions serves 4	-----	-----
Peas in pod—fresh	2½ lbs.	2 c. or 4-5 servings	-----	-----
	No. 2 can	4-5 servings	-----	-----
Potatoes	1 lb.	3 med. or 2½ c. cooked	-----	-----
Spinach	1 lb. (4 qts.)	2½ c. 4-5 servings	-----	-----
Tomatoes	1 lb.	3-4 tomatoes	-----	-----
Navy beans	No. 2½ can	5-6 servings	-----	-----
	1 lb. 2 cups	6 cups—10-12 servings	-----	-----

Food	Weights or Measure	Approx. No. of servings or measure	Cost per Unit	Cost per Serving
Flour	1 lb.	4 c. sifted	-----	-----
Bread—loaf	1 lb.	16–18 slices	-----	-----
Macaroni or spaghetti	1 lb.	4½ c. raw 9 c. cooked	-----	-----
		16–18 servings	-----	-----
Rice	1 lb.	2 c. raw 8 c. cooked	-----	-----
		12 servings	-----	-----
Cereals (to be cooked)	1 lb.	10–12 servings	-----	-----
Meat				
Bacon, sliced	1 lb.	18–20 slices	-----	-----
Frankfurters	1 lb.	10–12 weiners	-----	-----
Pork sausages	1 lb.	14–16 sausages	-----	-----
Meat with no bone	1 lb.	4 servings	-----	-----
Meat with little bone	1 lb.	3–4 servings	-----	-----
—chuck, round cutlets			-----	-----
Meat with medium bone	1 lb.	2–3 servings	-----	-----
—leg, shoulder, ham, pot roasts			-----	-----
Meat with much bone	1 lb.	1–2 servings	-----	-----
—spareribs, shanks, short ribs			-----	-----
Ready to eat meats	1 lb.	6–7 servings	-----	-----
Beef	750 lb. animal	325 lbs. meat	-----	-----
Veal	200 lb. animal	90 lbs. veal	-----	-----
Lamb	90 lb. animal	35 lbs. meat	-----	-----
Pork	225 lb. animal	130 lbs. meat	-----	-----
Chicken	4 lbs.	6–8 servings	-----	-----
		3½–4 c. diced meat	-----	-----
Broiler	3½ lbs.	2–4 servings	-----	-----
Fryer	2½–3½ lbs.	3–4 servings	-----	-----
Turkey	20 lbs.	30–40 servings	-----	-----
Salmon—fresh	1 lb.	3 servings	-----	-----
canned	1 lb.	2 cups	-----	-----
Shrimp—fresh	1 lb.	1½ c. cooked	-----	-----
Nuts				
Almonds in shell	1 lb.	1¾ c. meats	-----	-----
Pecans in shell	1 lb.	2¼ c. meats	-----	-----
Walnuts in shell	1 lb.	1⅔ c. meats	-----	-----
shelled	1 lb.	4 cups	-----	-----

Managing the food dollar is a big job but every housewife can do it. It is a day by day challenge. She can use her shopping and cooking skills and her knowledge of nutrition to manage the food money. She can reduce costs and at the same time protect her family's health. It all depends on the housewife.

Poultry and Eggs section prepared by Boyd Bonzer, South Dakota State College Extension Poultryman

AGRICULTURAL EXTENSION SERVICE

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